

OCTOBER 2024

AMASHOVA SUB- 5 HOUR TRAINING PROGRAMME

AIM:
 Finish the Amashova in less than 5 hours (12 weeks of training)

GOAL OF THIS PHASE:
 Base work & Strength work

TRAINER SESSION:
 Can be done on a stationary gym bike or home-trainer:
 Warm-up: 7 min spinning (Gear: 39 – 18)
 3 min (Gear: 53- 21)
 Build set: 3 min (53-18) starting cadence 80 then 90 then 100 (1 min each)
 1 min easy
 REPEAT
 Warm-down: 3 min spinning – easy gear
 1 min easy

MORE DETAILS:
 Please go to:
www.shova.co.za for full details and further explanations of the programme

IMPORTANT NOTES:
 If you are aiming for a sub-5 hour race it is presumed you are psychically capable and able to participate in a training programme. This programme is a suggested format and should not be used if a Professional has advised you otherwise.

Always warm-up and warm-down before the suggested sessions including a stretching session. Stretching after your workout has many benefits and should be done regularly.

In order to complete the race in less than 5 hours you need to be able to maintain an average speed of 20 km/h. The programme is designed to build up to maintaining this average.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 am: Rest pm: Intervals: 4 * 5 min HARD efforts with 5 min easy cycle in between	2 am: Trainer session + CSE pm: Rest	3 REST DAY	4 am: Hill work 2 repeats of 10 min climb. pm: Stretchnig session or massage	5 am: 1/2 Hours I – flat course	6 am: rest pm: Stretching session or Yoga class or massage
7 REST DAY	8 am: Easy 10km, Hard 10km, Easy 10km	9 am: rest pm: 40km cycle – easy gears, low HR	10 am: Long easy ride.	11 am: Long ride. 2 Hours with stops as needed	12 am: Easy 10km, Hard 10km, Easy 10km	13 am: rest pm: 40km cycle – easy gears, low HR
14 am: Rest pm: 30km cycle. Easy effort – approx 15km/h av.	15 am: Hill work 2 repeats of 10 min climb. pm: Stretchnig session or massage	16 am: 1/2 hours – flat course	17 am: Trainer session + CSE pm: Rest	18 am: Long easy ride.	19 REST DAY	20 Amashova 106km

NOTES: CSE = Core Stength Exercises (All stomach exercises especially Swiss Ball exercises) HR = Heart Rate